

Worksite Challenge: Fit with 5

Personal Log

(For Individual Team Members)

Individual or Team _____

Team Name _____

Team Captain _____

In order to receive points, each participant must be physically active a minimum of 30 minutes and eat at least five servings of fruits and vegetables daily. Participants can earn three points for being physically active and three points for eating fruits and vegetables on a daily basis for a total of up to 42 points per week. Participants must meet the physical activity requirement for a minimum of six weeks to receive points. For each day, fill in total points from physical activity and intake of fruits and vegetables.

| WEEKS | MON | TUES | WED | THUR | FRI | SAT | SUN | TOTAL POINTS |
|-------|-----|------|-----|------|-----|-----|-----|--------------------|
| 1 | | | | | | | | |
| 2 | | | | | | | | |
| 3 | | | | | | | | |
| 4 | | | | | | | | |
| 5 | | | | | | | | |
| 6 | | | | | | | | |
| 7 | | | | | | | | |
| 8 | | | | | | | | |
| 9 | | | | | | | | |
| 10 | | | | | | | | FINAL POINT TOTAL: |